

# Monthly Newsletter

STUDENT ISSUE

MARCH 2025



## Here's what has happened in the last month and what's to come!

Hi SPCNM! Kia ora koutou,

Another warm welcome this month – this time to our brand-new Nutrition students who began their studies on 3rd March. We have a very special group of seven students, including some familiar faces of recent graduates returning to study. We also welcome Emily Boese, who is delivering the Nutrition History and Philosophy course.

As anticipated, our events weekend with Immersion Day and Tammy Guest's NatExpo was fantastic. I have posted a video on Moodle under the Robyn Report.

So, what does this month bring? Graduation! Naturopathic Week!

As the academic year gains momentum, you may have your first assessments due. Be sure to check out the Academic Success workshops and Moodle resources for extra support. Our clinic students are also beginning to see their first clients!

As the seasons shift, it's getting cooler, and the mornings are especially dark. I'm harvesting the last of my summer crops and regretting not having gone for more swims over the summer. One of my favourite sights this time of year is the vibrant yellow of Goldenrod in the garden—a reminder of how stunning our space is and how lucky we are to have it. Several of our Australian visitors presenting at the NatExpo Lift-Off commented on this as well.

And that leads perfectly to this month's highlighted staff member – Wayne Hill. Wayne is incredible—a fantastic teacher covering the entire BNatMed curriculum across all years, as well as a dedicated Clinic Supervisor. He also does an amazing job managing our garden. Every morning, you'll find Wayne running around, moving hoses, surveying what needs to be done. All this alongside being very strict about referencing! Wayne's been at the College for a fair while and may have taught some other staff members.... We are so lucky to have his knowledge and experience.

Have a great few weeks as we start the countdown to Easter, holidays and the end of daylight savings :(

*Robyn Carruthers*

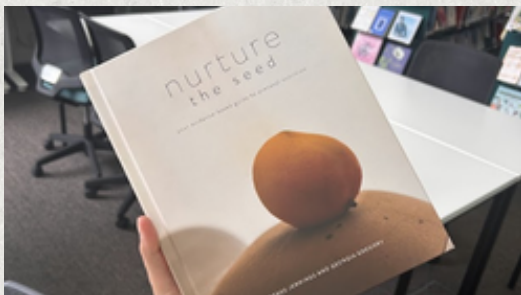
## Grad Chats Key Takeaways - Lisa Pomare



- **Ease Into Practice:** Jumping straight into full-time practice is overwhelming and financially stressful. Consider part-time work in a pharmacy, health store, or another field to provide security while building your client base.
- **A Strong Support Network:** Surround yourself with peers, mentors, and practitioners to share experiences, discuss cases, and offer support. A solid network makes transitioning from study to practice much easier.
- **Set Realistic Expectations:** Growing a clinic takes time, and seeing too many clients too soon leads to exhaustion. Be mindful of your capacity, set boundaries, and schedule downtime to avoid burnout.



- **Streamline Systems:** Simplify administrative tasks like intake forms, follow-ups, and prescription management. Automating or preparing resources in advance saves time and helps focus on clients.
- **Keep Learning and Stay Adaptable:** The first year in practice extends learning. See a range of clients without feeling pressured to specialise. Keep refining knowledge, invest in education, and adapt as needed.
- **Market Yourself and Build Referrals:** Success comes from word-of-mouth and networking rather than social media alone. Talk to physiotherapists, osteopaths, GPs, and others. A clear, confident pitch attracts the right clients.



### Library Book of the Month

**Nurture the Seed**  
**Renee Jennings & Georgia Gregory**

"Nurture the Seed" is a comprehensive 300-page nutrition guide for pregnant women, focusing on evidence-based research and wholefood nutrition. Authored by Accredited Practising Dietitian Renee Jennings and educator Georgia Gregory, this book covers food safety, gut health, morning sickness, and constipation, detailing nutritional needs during pregnancy. It also emphasizes rest and nourishment postpartum. With 35 dietitian-approved recipes, it provides practical guidance to help women make informed, nutrient-rich food choices with confidence.



### Podcast of the Month

**Between Clinical Minds**  
**Episode: S4 E1 - The A to Z of Conventional Blood Pathology**

Toni Chambers takes you on a journey as she weaves a story with some of Australia's most respected healthcare practitioners, from doctors and naturopaths to nutritionists, dietitians, and Chinese medicine practitioners. This episode explores conventional blood pathology with nutritional biochemist and pathology expert Dr Rhona Creegan. They discuss how lab reference ranges are determined, factors affecting results, and the importance of understanding both lab and optimal ranges, using uric acid and TSH as examples.

# Upcoming Events



#NATMEDWEEK2025

## 24th - 30th March

Naturopathic Medicine Week 2025 celebrates the work of NMHNZ naturopaths and medical herbalists. Students can join workshops, seminars, and community events to deepen their understanding of naturopathy and herbal medicine. Explore NMHNZ's resources, including member-favourite recipes, and become a student member to stay connected and access exclusive opportunities.



## Grad Chats

### 2nd April Online 6pm - 7pm

Join us for Grad Chats with Jane Wrigglesworth, published author of *The Everyday Herbalist*, naturopath, medical herbalist, and sleep specialist. Jane runs a private clinic focusing on sleep, stress, and nervous system health. She also delivers talks and workshops on sleep both in New Zealand and overseas. Don't miss this opportunity to hear her insights on building a successful practice. Find the Zoom link on Moodle under Graduate Resources.

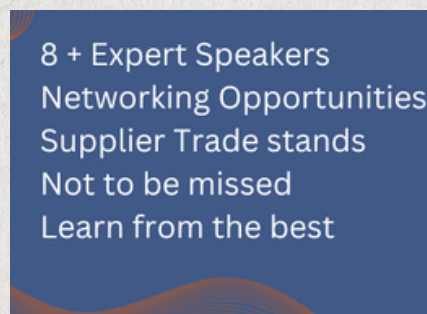


## NMHNZ Community Day

### 29th March 10am - 2pm

Join us for a day of learning, connection, and discovery at our Community Open Day in celebration of NatMedWeek 2025. This is a great opportunity for the public to experience naturopathic medicine in action, with free naturopathic consultations, herbal tea workshops, expert talks, and garden tours. This event is open to all – students, graduates, staff, friends, family, and the wider community. No registration needed – just turn up and explore!

**Keep an eye on our socials for more information.**



# Photo Gallery From our Big Weekend!



# Student Council - March Update

Dear Fellow Students,

The Student Council recently held our first meeting of the year, and it was both positive and productive.

Your current council members are:  
Cynthia Stephen, Danielle O'Malley, Isobel Rippingale, Kelly Billing, Mandy Hampshire, Moana Mourie, Paula Ka, and Sandra Power.

After Easter, we'll be reaching out to recruit new members, so stay tuned if you'd like to get involved! In the meantime, feel free to reach out to us anytime, we're here for you.

## The Council's Key Roles & Functions:

- Act as a communication link between College Management and students
- Improve the college environment through student-led initiatives
- Strengthen connections between students across all cohorts
- Provide student support
- Organise social events to build a sense of belonging

We're currently working on new ways to bring students together, including a book club, podcast group, regional meetups, netball, and a picnic.

Later this semester, we'll be launching a Student Council Moodle page as a direct channel to connect with the student body.

Stay tuned for updates, and don't hesitate to reach out, we'd love to hear from you!



## SPCNM BOOK CLUB

One of the Student Council's aims is to foster connections across the college, and we're exploring the idea of starting an SPCNM Book Club. This would be a relaxed, social space to discuss a book, whether related to naturopathy or something entirely different, depending on what the group decides.

The book club would run online, twice per semester, on Sunday mornings at 9 AM, offering a chance to connect beyond study and unwind with good conversation. We know students juggle many commitments, so this is a low-pressure way to meet, share ideas, and build friendships.

**If you're interested, contact Kelly Billing at [kelly.billing@spcnmstudent.ac.nz](mailto:kelly.billing@spcnmstudent.ac.nz) or via WhatsApp (+56) 9 7147 0995.**

*Thank you for reading!*

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